



County of San Diego

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July 27, 2018

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
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BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – August 2018

1. ACTION ITEM: BEHAVIORAL HEALTH ADVISORY BOARD UPDATE TO THE BYLAWS

The Board of Supervisors established the County of San Diego Behavioral Health Advisory Board in 2014, by merging the County Alcohol and Drug Advisory Board with the County Mental Health Board. In accordance with Board of Supervisors Policy A-74, Citizen Participation in County Boards, Commissions and Committees, the Board of Supervisors has the authority to establish and oversee special citizen boards to advise the Board of Supervisors and County staff on issues of policy and to serve as links to the community.

Today's action seeks Board approval to revise Administrative Code, Article LVI, which established the County of San Diego Behavioral Health Advisory Board (BHAB). Article LVI contains the BHAB bylaws, which govern their operations. In the years since BHAB has been established, needed minor updates to the bylaws were identified. In 2017, a workgroup of BHAB members was tasked with conducting a full review of the bylaws and recommending changes. After their recommendations were discussed with County Counsel and Behavioral Health Services staff, the amended bylaws proposed changes in the following categories: BHAB functioning; membership and executive board; and statutory and clarifying changes. The revised bylaws will ensure the document conforms with current California Welfare and Institutions Code and will guide the most efficient and productive operation of BHAB.

It is THEREFORE, staff's recommendation that the Behavioral Health Advisory Board support the request for updating the bylaws of your Board.

2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

2.1 Live Well San Diego Partners

In Fiscal Year 2017-18, the County welcomed 82 new *Live Well San Diego* partners, bringing the total number of partnerships to 387. The *Live Well San Diego* vision includes partnerships with organizations across all sectors including: local governments, educational institutions, hospitals and health centers, human services agencies, hospitality and tourism companies, and community-based and charitable organizations. Most recently BHS welcomed two new partners including Kalusugan + Kalakasan Center for Health & Wellness and the San Diego Center for Children.

2.2 Upcoming Events

- **July 29, 2018 - Live Well San Diego 5K and Expo**

The County of San Diego and the San Diego Blood Bank are again hosting the annual *Live Well San Diego* 5K and Expo. The event will bring thousands of San Diegans together for a fun-filled morning at the beautiful Waterfront Park on San Diego Bay. In addition to the 5K Run/Walk, the event will include a kid-friendly one mile Fun Run. The Expo will include free interactive activities, music, information and community services designed to engage residents in the County's vision for a healthy, safe and thriving region. All are encouraged to take part in this fun-filled day on the bay. Information and registration is available at www.LiveWellSD.com.

- **September 15, 2018 - Recovery Happens**

The Recovery Happens celebration will take place again this year at Liberty Station from 10:00 a.m. to 1:00 p.m. This annual event that celebrates and honors those on their journey to recovery will include a recovery countdown, resource fair, and fun family activities.

- **October 13, 2018 - Community Alliance for Healthy Minds (CAHM) Forum**

The annual CAHM Forum, *From Hopelessness to Hope and Healing*, is scheduled for October 13, 2018, from 8:30 a.m. to 4:00 p.m. The forum will be held at California State University, San Marcos and focuses on Resilience. After a film viewing and panel discussion with Dr. Mark Komrad, Sharon Hammil and Susan Writer, the forum will continue with workshops, and is scheduled to close on a lighter note with thoughts by comedian Andrew Norelli. Registration is available at www.cahmsd.org.

3. UPDATES FROM THE PREVENTION AND PLANNING UNIT (PPU)

3.1 May Is Mental Health Month

In recognition of Mental Health Awareness Month, the County Administration Center was lit up in green during the second week of May. The impressive visual display highlighted the County's commitment to supporting those who are affected by mental health conditions. Additionally, BHS commissioned the *Send Silence Packing* exhibit which was displayed at three local colleges to shed light on the high rate of suicide among college students. The exhibit displayed 1,000 backpacks to represent the more than 1,000 college students lost to suicide across the country every year. The exhibit serves as a powerful and emotional tool to draw attention to the importance of suicide

prevention and to reduce stigma surrounding mental illness. The backpacks included photographs and personal stories written by loved ones who were impacted by the loss of a student to suicide. Other activities held during the month included a County staff engagement campaign with green awareness ribbons and bracelets, community health fairs, resource expos, walk/run events and art exhibits.

3.2 2018 Suicide Prevention Action Plan

On May 30 2018, BHS and the San Diego County Suicide Prevention Council released the *2018 Suicide Prevention Action Plan (SPAP)*. The 2018 SPAP is an update to the 2011 plan and contains nine strategies to prevent suicides in the region including promoting awareness, improving access to behavioral health services, fostering connectedness, and teaching coping skills. It also calls for interventions that target multiple populations in the community, including the public, vulnerable groups, and individuals at immediate risk of suicide. The plan was developed with input from people who have been impacted by suicide or have tried to end their lives. A copy of the 2018 SPAP is located at www.sdchip.org/initiatives/suicide-prevention-council/action-plan/

3.3 Meth Strike Force, Tip the Scale – El Cajon

The San Diego County Methamphetamine Strike Force and local law enforcement collaborated on July 10, 2018 for Tip The Scale, a public health/public safety partnership that combines probation compliance checks with drug treatment outreach to families. This one-day operation, conducted in the cities of El Cajon and La Mesa and parts of the County unincorporated area, was the 23rd Tip the Scale operation conducted since 2009. The goal of Tip the Scale is to ensure offenders on probation are in compliance with their court orders, and to steer drug offenders toward drug treatment resources. Drug counselors had brief conversations with offenders about how their drug problems were negatively affecting their lives and stressed the importance of getting into drug treatment to prevent future drug-related legal problems. Additionally, social workers from the Drug Endangered Children unit of Child Welfare Services were on hand as a resource to law enforcement.

3.4 Prescription Drug Abuse Task Force – VA Hospice

The San Diego County Prescription Drug Abuse Task Force and Mental Health Systems, Inc. North Inland Community Prevention Program recently met with the Veterans Administration hospice providers to discuss preferred disposal practices for unused medications. This resulted in the development of a special handout identifying the locations of Drug Disposal Drop Boxes located throughout the County which will be included in materials provided to hospice families.

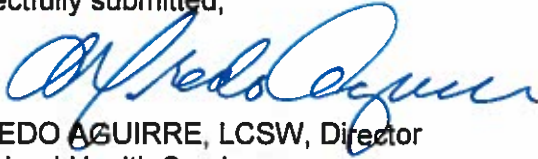
3.5 Union of Pan Asian Communities, Alliance for Community Empowerment (ACE),

In partnership with the District Attorney's Office, BHS received a State Victims of Crime grant that funded a program of the Union of Pan Asian Communities, Alliance for Community Empowerment to provide needed services to crime victims. These services include needed crime scene clean-ups and repairs, as well as immediate food, clothing, shelter, and transportation assistance.

3.6 Safe Prom 2018: Hotel-Motel Campaign to Prevent Underage Drinking

The San Diego County Alcohol Policy Panel and alcohol and drug prevention specialists, in partnership with the San Diego Hotel-Motel Association, held a press conference at the Handlery Hotel in Mission Valley on May 11 to announce *Safe Prom 2018*, a campaign to prevent underage drinking. The press conference served to remind the community that the drinking age is 21, and it is illegal to provide alcohol to underage youth. It also reminded parents that it is not appropriate to rent a room for students and allow underage drinking to occur. If underage drinking occurs on a hotel or motel property, the individual renting the room could be prosecuted under local social host laws. An individual found guilty of providing alcohol to a minor can be fined up to \$1,000, jailed for up to 6 months, and held financially liable for any required emergency response.

Respectfully submitted,



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AA/bp

cc: Nick Macchione, MS, MPH, FACHE, HHSA Director
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